



Onion and Poppy Seed Quick Bread

 Vegetarian

READY IN



155 min.

SERVINGS



8

CALORIES



345 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon double-acting baking powder
- 8 servings pepper black freshly ground
- 1 large eggs
- 3 cups flour all-purpose
- 3 cups onion yellow (from 2 medium onions)
- 4.5 teaspoons poppy seeds
- 1.5 teaspoons salt fine
- 9 tablespoons butter unsalted plus more for coating the pan (1 stick plus 1 tablespoon)

- 1 cup milk whole

Equipment

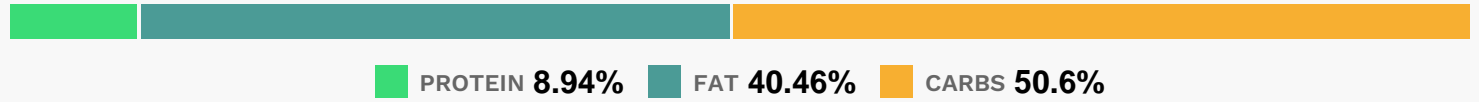
- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- loaf pan
- toothpicks
- spatula

Directions

- Heat the oven to 350°F and arrange a rack in the bottom. Coat a metal 9-by-5-inch loaf pan with butter; set aside. Melt 3 tablespoons of the measured butter in a large frying pan over medium-low heat until foaming.
- Add the onion, 1/4 teaspoon of the salt, and pepper to taste. Cook, stirring occasionally, until the onion has turned golden brown, about 35 to 40 minutes. Stir in 4 teaspoons of the poppy seeds, remove the pan from the heat, and let the mixture cool slightly.
- Whisk the flour, baking powder, and remaining 1 1/4 teaspoons salt together in a large bowl until aerated and any large lumps are broken up; set aside. Melt the remaining 6 tablespoons butter. Set aside 1 tablespoon for drizzling on top of the bread.
- Place the remaining 5 tablespoons in a medium bowl and add the milk, egg, and reserved onion-poppy seed mixture.
- Whisk until the egg is broken up and the mixture is evenly combined.
- Add the milk mixture to the flour mixture and stir until just combined (do not overmix). The batter will be very thick. Using a rubber spatula, scrape the batter into the prepared pan, pushing it into the corners and smoothing the top.
- Drizzle the reserved butter over the top of the bread. Evenly sprinkle with the remaining 1/2 teaspoon poppy seeds.

- Bake until a toothpick inserted into the center of the bread comes out clean, about 50 minutes.
- Place the pan on a wire rack to cool for 15 minutes. Run a knife around the perimeter of the bread and turn it out onto the rack.
- Let it cool at least 30 minutes more before slicing.

Nutrition Facts



Properties

Glycemic Index:33.63, Glycemic Load:28.06, Inflammation Score:-7, Nutrition Score:11.579130426697%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg

Nutrients (% of daily need)

Calories: 344.7kcal (17.23%), Fat: 15.57g (23.95%), Saturated Fat: 9.03g (56.43%), Carbohydrates: 43.81g (14.6%), Net Carbohydrates: 41.16g (14.97%), Sugar: 4.22g (4.69%), Cholesterol: 60.77mg (20.26%), Sodium: 621.02mg (27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.74g (15.48%), Vitamin B1: 0.43mg (28.7%), Selenium: 19.08µg (27.26%), Manganese: 0.53mg (26.4%), Folate: 101.99µg (25.5%), Vitamin B2: 0.33mg (19.16%), Calcium: 178.75mg (17.87%), Phosphorus: 162.69mg (16.27%), Iron: 2.76mg (15.32%), Vitamin B3: 2.9mg (14.48%), Fiber: 2.64g (10.57%), Vitamin A: 478.5IU (9.57%), Magnesium: 27.48mg (6.87%), Copper: 0.13mg (6.37%), Vitamin B6: 0.13mg (6.34%), Potassium: 209.76mg (5.99%), Vitamin C: 4.46mg (5.4%), Zinc: 0.79mg (5.24%), Vitamin B5: 0.51mg (5.13%), Vitamin D: 0.7µg (4.64%), Vitamin B12: 0.25µg (4.12%), Vitamin E: 0.52mg (3.45%), Vitamin K: 1.76µg (1.67%)